



## **News from the Shelby County Mayor's Office**

**Mark H. Luttrell, Jr., Mayor**

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### **Mayor Calls for Healthier Foods in County Government Vending Machines**


Vending machines at Shelby County Government buildings are being restocked with healthier foods. Shelby County Mayor Mark H. Luttrell, Jr., called for the change to offer more nutritious snacks in county facilities.

**“Providing an effective public health program is one of my top priorities. It makes good sense for Shelby County Government to promote a healthier lifestyle for our employees and visitors,”** said Mayor Luttrell.

There are 172 vending machines at 17 buildings operated by Shelby County Government. Under the mayor's plan, 50% of the foods can have no more than 35% of calories from fat and 10% of calories from saturated fat.

The new vending machine choices complement the *Healthy Shelby* awareness plan implemented by Mayor Luttrell earlier this year.

**“We're working hard to educate the public about the dangers of obesity and the connection it has to high blood pressure and chronic diseases. Healthier choices at the vending machines emphasize the importance of our message to stay fit,”** said Kenneth Robinson, M.D., Health Policy Advisor to Mayor Luttrell.

Healthy foods will be identified on the vending machines with a  symbol, which identifies foods that are lower in fat and sugar than traditional vending snacks. The *Fit Pick* nutritional criteria are based on the dietary recommendations of the American Heart Association.

(End of Release)